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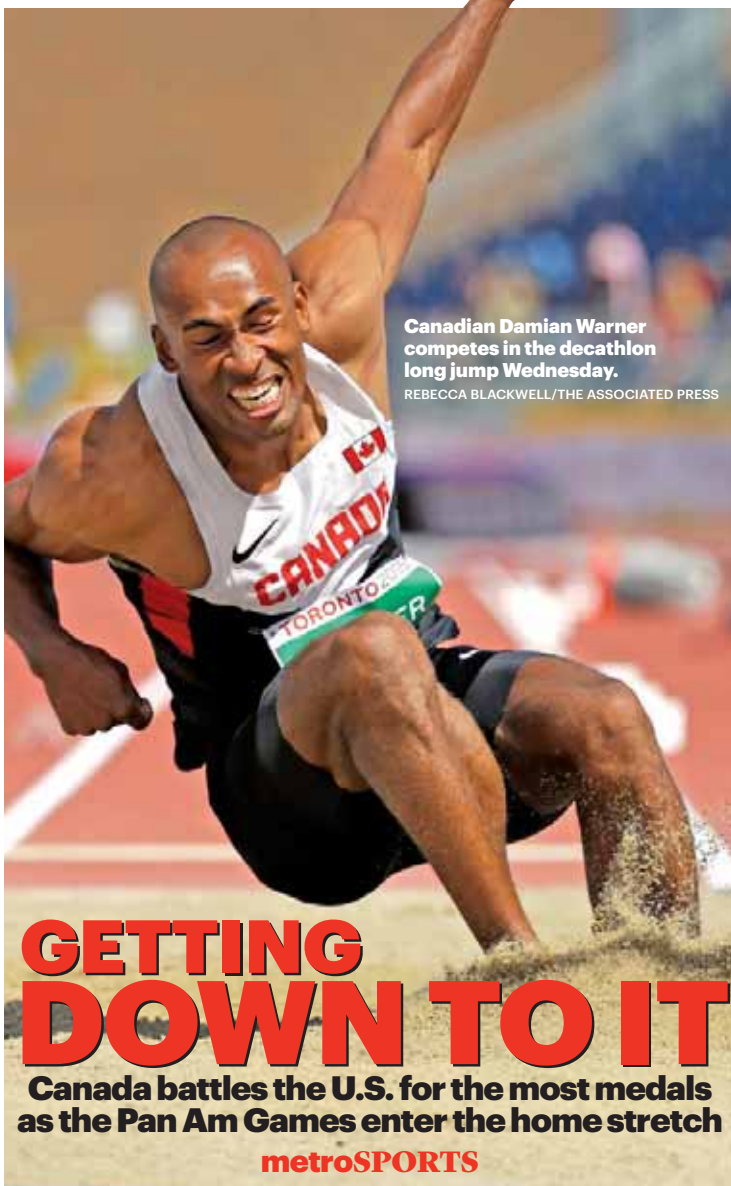
GETTING
WEIRDED OUT
metroNEWS



Your essential daily news

THURSDAY, JULY 23, 2015

High 22°C/Low 14°C The sun returns



Canadian Damian Warner competes in the decathlon long jump Wednesday.
REBECCA BLACKWELL/THE ASSOCIATED PRESS

GETTING DOWN TO IT

Canada battles the U.S. for the most medals as the Pan Am Games enter the home stretch

metroSPORTS

'He's so resilient'

JACOB STERN

Community puts on event to help family of little boy battling cancer

Rebecca Dingwell
For Metro | Halifax

For Melissa Benjamin's family, it's been a roller coaster of emotions.

Her son, Jacob Stern, has been battling cancer since he was just over a year old.

Rhabdomyosarcoma — a rare form of muscle cancer — has caused Jacob to require surgery and multiple other treatments over the past two years.

Jacob is now three years old, and has undergone several rounds of chemotherapy and a round of radiation therapy.

"He's doing remarkably well," said Benjamin in between Jacob's chemotherapy treatments Wednesday.

After his first year of treatment, doctors declared Jacob cancer-free.

However, the cancer reappeared nine months later and spread.

And Jacob's illness has also been costly for the family.

The family lives in Centreville in Kings County, and not only have they had to make regular trips to Halifax, but they've even made the trek to Indiana for treatment.

"I lost count at \$86,000," Benjamin said of the costs the family has incurred.



Jacob Stern FACEBOOK

Jacob has been diagnosed with Stage 4 cancer and is undergoing chemo treatment again.

But there is a some good coming from this unimaginable ordeal for the family.

Benjamin's cousin, Shelly Best, looked for a way to help out.

"I wanted to create an event where the family could take a break from all the things that are going on," Best said.

"You don't get a lot of time when you're doing chemo and radiation to have some fun and try to forget about the

“

It's overwhelming.
It's not even my community.

Melissa Benjamin, about Saturday's fundraiser for Jacob

situation.”

Best, along with a co-worker, has planned a family event to serve as a fundraiser for Jacob.

She feels bringing people together will not only raise money, but raise hopes and send positive energy Jacob's way.

The event will take place Saturday at Dewolfe Park in Bedford from 4 to 11 p.m., with activities “all about a three-year-old boy and everything that he symbolizes,” Best said.

This includes face-painting, food trucks, performances and fireworks.

“The support we've got is unreal,” Best said. “There's no way that I can thank them enough for coming out.”

The performers, such as Razmatazz and Atlantic Cirque, are all donating their time. Best is covering operational costs, but says for Jacob, it's worth it.

“He's so resilient,” Best said.

Jacob won't be able to make it to the event itself, but his family will be there.

The goal of the fundraiser is to help cover the costs the family has had to pay and will continue to pay for Jacob's care. Benjamin said she will also be putting money in a trust fund for Jacob's sister.



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The former St. Patrick's High School is shown in Halifax on Monday. JEFF HARPER/METRO

Residents set the stage for future design of St. Pat's

QUINPOOL ROAD SITE

Three concepts unveiled at public forum



Stephanie Taylor
Metro | Halifax

With the demolition of the former St. Patrick's High School set to begin any day, municipal planning staff are breaking ground on the future design of the site.

And on Wednesday evening, around 150 residents joined in that process during an open house held at the Halifax Forum.

Three design concepts for the Quinpool Road site were unveiled at the meeting for

the public to provide feedback on, which city staff will then use as a guide for development — for example, building configuration or location of open space — as was instructed by regional council after the old school was deemed surplus in 2014 and earmarked for future mixed-use development.

Jacob Ritchie, urban design manager with HRM, told Wednesday's crowd the meeting was an opportunity to open up the planning process to residents at an early stage prior to any preliminary design proposals — a new move for the city.

"We don't live and breathe St. Pat's like many of the residents do who live next door," he told reporters afterwards.

Kouroush Rad, one of the project managers, gave

an overview of the site, explaining its value lies in its proximity to amenities as well as its connectivity to popular pedestrian routes.

"Within 15 minutes of walking you get access to any sort of amenity that you can think of," he said, from the Halifax Common to various shops along Quinpool Road and even the city's downtown.

The first design concept presented, titled The Grid, showed a cluster of buildings of varying heights (around a

maximum of 18 storeys) arranged to feel like a village, littered with small courtyards, one staffer explained.

The second, called The Plaza, showed a design comparable to Bishop's Landing along the waterfront, just minus the parking lot, with an open space located in the centre.

The final, known as The Square, lived up to its name with a series of low-rise buildings side-by-side surrounding a courtyard.

Resident Lisa Forrestall said she was torn between the Square and Plaza as her favourite.

"I like the idea of having the central green space," she said.

Ritchie said feedback from Wednesday's meeting would



Residents discussed the future of the former St. Patrick's High School site Wednesday night. STEPHANIE TAYLOR/METRO

help inform a preliminary site design that staff will bring back to the public by September.

New zoning policies and

land-use bylaws should also hopefully be ready for regional council's approval by the end of the year, he added.

WEIGH IN

Residents can weigh in on designs for St. Pat's at shapeyourcityhalifax.ca/quinpool6067



LGBTQ couples are being encouraged by the province to become foster parents.

JEFF HARPER/METRO

PARENTING

LGBTQ families invited to foster

The province says they are reaching out to the LGBTQ community through a social media campaign to encourage them to become foster parents.

The campaign is called Foster Parents: It Takes All Kinds, and according to a provincial release, it's the first of its kind in Nova Scotia.

The campaign is running during this month's Pride celebrations, ending on July 26.

"Our hope is to encourage responsible adults in non-traditional families to consider becoming a foster parent," Community Services minister Joanne Bernard said in a statement.

"We hope that same-sex couples and others will be encouraged by this campaign to find out more."

The Community Services department says Nova Scotia has about 800 children living with foster families, and like other parts of North America, have experienced a decline in the number of foster families in the past five years.

They are also specifically focussing efforts on members of the African Nova Scotian and Mi'kmaq communities, which they've done in the past.

METRO



Our hope is to encourage responsible adults in non-traditional families to consider becoming a foster parent.

Joanne Bernard, Community Services minister

District skipped over for garbage day: Councillor

CITY SERVICES

Trash-related 'growing pains' due to new contractor



Zane Woodford
Metro | Halifax

Some people in Middle Sackville who put their garbage out at the curb on collection day this week came home to find it still there.

Area councillor Brad Johns is urging those people to call 311 after he received about half a dozen complaints by phone, and a few on Facebook about garbage that went uncollected.

Johns said there's a new contractor handling garbage in the area, and these kinds of "growing pains" are common.

"Typically, with anything that's new, we end up with issues," he said. "People are missed and they forget to get stuff, or they miss a street ... stuff like that."

Johns said most of the problems have to do with private



Garbage collection has been inconsistent since the new deal was signed July 1. METRO

roads, or the contractor not knowing what they should and shouldn't take.

Although he said people have told him an entire mobile home park — Century Park — got skipped this week.

"If this was a normal garbage day with the old contractor, I'd be much more upset than I am today given the fact that these guys just took over July 1," he said.

Johns said his real concern is how the contractor will handle things starting Aug. 1, when the city switches to clear bags.

He's hoping the new contractor will listen to what the municipality wants in the new system.

Until then, he's urging residents to let staff know through

+ ROAD WORK

Line painting lags behind

With city contracts front and centre this year, at Tuesday's council meeting councillors called 2015 the worst year on record for service delivery, with many councillors blaming city staff for the delays.

311 of any interruptions in collection service, so they can log the problems, and communicate them to the contractor.



WINTER SPORTS CONSTRUCTION CREW PREPARES ICE RINK FOR SKATING SEASON Construction continues on a permanent pavilion structure for the Emera Oval on Wednesday. The structure is scheduled to be ready for the upcoming winter skating season. JEFF HARPER/METRO

POLITICS

Tough road ahead for Tory hopefuls: MacKay

Peter MacKay says the Tories vying to take over his job as MP for the federal riding of Central Nova face tough battles, first in a hotly contested nomination race and then in the fall election.

The Justice Minister said Wednesday in Halifax the two candidates trying for the party nomination in the northern Nova Scotia riding are in a close race as weekend meetings draw near.

He also says the winner will go on to run at a time when the electorate may be weary of al-

most 10 years of Conservative government.

"It'll be competitive. There's no question that any time a government has been in power for almost a decade there is an inevitable feeling of 'Well, let's try something new,'" he said.

MacKay announced on May 29 that he wouldn't seek re-election in the fall federal election in the riding, which has been a Tory stronghold under MacKay and his father, Elmer.

THE CANADIAN PRESS

IN BRIEF

Driver dies following crash with large trailer

A man is dead after a crash in a Nova Scotia community Wednesday afternoon. Inverness County RCMP said the crash happened at about 1:30 p.m. in Askilton.

According to police, a vehicle smashed into a large equipment trailer, lodging the car underneath. The man, who was alone in the car, died at the scene.

An investigation is underway. METRO

CRIME

Man charged with impaired boating

A 61-year-old man has been charged with impaired boating after his pontoon boat was stopped on Grand Lake.

RCMP and conservation officers stopped the boat for a routine safety check on Saturday and noticed a strong smell of alcohol from the driver.

He was taken to the Enfield RCMP detachment to blow a breathalyzer, and tested at nearly twice the legal limit. He was charged with im-

+ HEARING

Court date set for middle of September

The 61-year-old man, accused of driving a boat while impaired, is set to appear in Dartmouth provincial court on Sept. 16.

paired driving and spent the night in the detachment before being released. METRO

Gunshots fired at Cook Avenue house

CRIME

Neighbour calls incident 'super-scary'

Rebecca Dingwell
For Metro | Halifax

Halifax Regional Police were scouring the scene of a shooting on Cook Avenue in Halifax on Wednesday.

Earlier that morning around 1:30, police say they received a report of shots being fired in the area of Cook and Romans avenues. A man was seen standing on the sidewalk, according to police, and he fired four shots in the direction of a house. Around



Police investigate the scene of a shooting on Cook Avenue on Wednesday. JEFF HARPER/METRO

10:30 a.m., police were on the sidewalk around the house with metal detectors.

Other officers were examining the home itself.

While the police were able to find evidence of the shooting, they say they still have no

indication of what the motive may have been.

Julie Lilly, a nearby resident, was on her way to work when she passed the house. She was unaware of what took place overnight.

"That's super-scary. I live like,

two blocks that way," Lilly said, gesturing to an adjacent street.

The suspect fled the scene in a dark coloured car, a police release states.

He is described as five-foot-eight and 170 pounds. He was wearing a light-coloured hoodie.

POLICE

Reward offered in murder case



Zane Woodford
Metro | Halifax

The provincial government is offering up to \$150,000 for information about the 2005 murder of Naomi Wendy Kidston.

The 10-year-old unsolved murder case has been added to the Rewards for Unsolved Crimes Program.

On the afternoon of June 7, 2005, Kidston was found dead in her home on River Road in Spryfield, where she had been

seen alive earlier that day.

Based on the investigation conducted at the time, police say her death was not random, and they believe there are people that know something about the murder.

Police ask that anyone with information contact them, or the Major Unsolved Crimes Program directly.

Tips are eligible for rewards if they lead to the arrest and conviction of a suspect.

Those providing tips are must provide their name, and are required to testify in court.



Naomi Wendy Kidston. HANDOUT

+ MORE INFO

No one was injured during the shooting.


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‘We help people have better dates’

DATE CADDIE

Young Halifax entrepreneurs offer unique experiences



Kristen Lipscombe
Metro | Halifax

Tired of the same ol' dinner dates?

A couple of young Halifax entrepreneurs say they've got some unique ways to spice up that valuable one-on-one time, whether it's lighting a new spark or rekindling a familiar flame.

Co-founders Chris Johnson, 26, and Costa Zafiris, 24, call their new company Date Caddie, describing it as an online resource to give and get great date ideas, or perhaps even purchase a date package to really ignite the fireworks.

"Caddies help golfers — they give them advice, they give them tips and pointers," Zafiris said Wednesday of the reasoning behind the business name. "We help people have



Date Caddie co-founders Chris Johnson, left, and Costa Zafiris pose for a photo Wednesday on the Halifax waterfront. JEFF HARPER/METRO

better dates."

Johnson and Zafiris came up with the concept for Date Caddie over several coffee meetings, after discovering they were each other's compe-

tion in the pressure washing business and deciding they wanted to work together on more interesting projects.

Johnson joked he's "not great" at dates himself, which

is "why the site would be great for me."

That being said, one of his "originals" resulted in the official Date Caddie logo, a pink telescope aimed at the stars.



We're definitely not trying to be anything like the match-making sites, or the reputation they get. There are plenty of people out there matching people, like Tinder, Match.com and everything in between. We just want to be a site that will help you have better dates.

Date Caddie co-founder Costa Zafiris

"My dad has this really nice telescope, and I thought, 'That would be a really cool idea for a date.' So I picked my date up and we went to Lawrencetown Beach and we set it up, and it was the greatest date ever. The waves were splashing in front of us and you could see the craters of the moon."

Other ideas Date Caddie might suggest are picnicking in Point Pleasant Park, renting metal detectors to search for buried treasure on Nova Scotia's beaches and, well, you'll have to check datecaddie.ca to see what else Johnson and Zafiris have come up with.

As for Zafiris, he once took

a date to Dingle Tower, where they ended up getting stuck for awhile after the doors were locked for the night — not intentional, but unique nonetheless.

"The best dates are when you try something new, together," Zafiris said.

+ BACKGROUND

Check out datecaddie.ca to browse and submit date ideas or to purchase a date package. You can also follow Date Caddie @DateCaddie on Twitter and Instagram.

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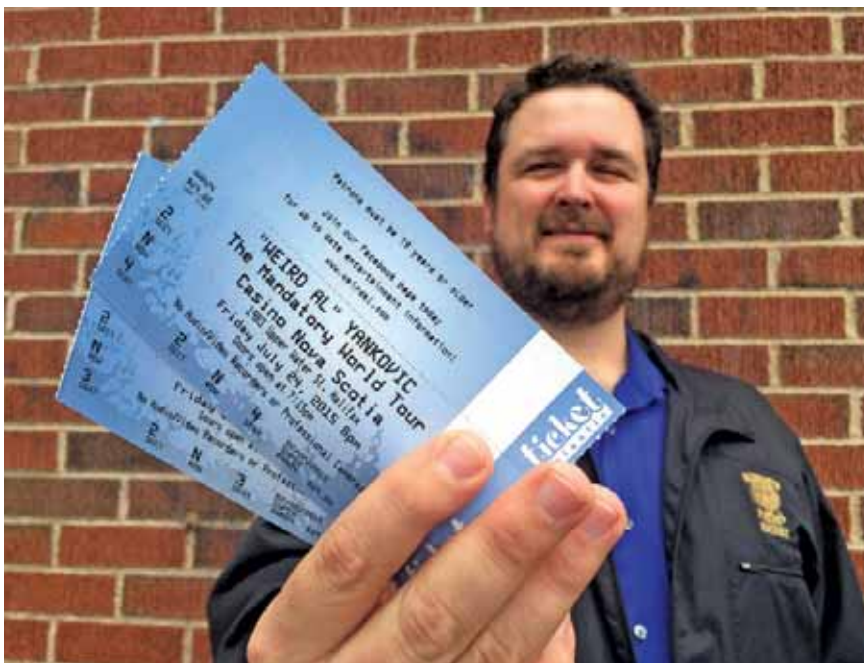
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Jon Bruhm shows his Weird Al Yankovic tickets on Monday. ALY THOMSON/METRO

Superfans get super Weird Al

BACKSTAGE PASS

Prince of parody returns to Halifax for pair of shows

Aly Thomson
Metro | Halifax

Two decades ago, Jon Bruhm hobbled into the Rebecca Cohn Auditorium in Halifax on crutches to see his favourite artist for the first time.

Bruhm, in junior high at the time, wasn't going to let a badly sprained ankle spoil his chance to see Weird Al Yankovic in concert.

"I was going to that show," said the 34-year-old Bruhm, who had twisted his ankle earlier that day in gym class.

"I was there fist-pumping the air with my crutches, to Yoda. That is my devotion to Al."

A self-described Weird Al superfan, Bruhm will see the curly-haired satirical singer for a third time on Friday.

He's followed the musical comedian's career since becoming a fan in 1993.

"I grew up on classical music and folk music ... and then I heard the Alapalooza record and I was hooked,"

said Bruhm, who was voted "Most likely to become Weird Al" in his Grade 9 yearbook.

"My first foray into pop music was Weird Al, and Weird Al led me everywhere else."

Yankovic has returned to Halifax for a pair of sold-out shows at Casino Nova Scotia on Thursday and Friday as part of his Mandatory Fun world tour.

Bruhm said he admires Weird Al because his parodies are always in good taste.

"He will poke fun at concepts and sometimes

Sometimes, it's not even technically one of Weird Al's tunes that prompts the 42-year-old man to sing one of his songs.

"If I hear Madonna's Like a Virgin, I don't hear that, I hear Like a Surgeon," said LeFurgey, smiling. "To me, that's probably the highest compliment I could give the guy."

LeFurgey, who snagged front-row seats to Weird Al's Friday show, said he's remained a fan for 32 years because he considers him a musical genius.

"I know people will roll

I've grown up with him. He's expanded my musical knowledge and I appreciate that.

Jon Bruhm, Weird Al fan

even people, but it's always very gently. Although I'm not going to lie, I did take exception to when he did Canadian Idiot," Bruhm said with a laugh.

Todd LeFurgey recalls driving around town with his high school buddies, belting out the lyrics to early '90s Weird Al songs like Fat, a parody of Michael Jackson's song Bad.

Flash forward several decades to a few weeks ago and LeFurgey is still shouting the funny man's hits in his car during long drives.

their eyes and think I'm insane. But if anyone else could do what he does, they'd be doing it," said LeFurgey, who is seeing Weird Al live for the first time.

"I'll listen to a song just to see what he's going to write about and how he's going to spin it. I sit back and I'm entertained by the sheer madness of it all."

After a career spanning nearly 30 years, Weird Al scored his first No. 1 album last summer for Mandatory Fun.

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IN BRIEF

Pair arrested after wild vehicle chase through city

Police say two men are in custody after a wild vehicle chase through the streets of Sydney.

Patrol officers began to follow a sport utility vehicle that drove through stop signs on Cape Breton Street and at the intersection of Terminal Road around 1:30 a.m. today.

The vehicle pulled over

at another intersection, but pulled away as an officer approached it.

Police say they pursued the vehicle before it turned into the parking lot of the Sydney Curling Club where it evaded the officer's second attempt to stop it.

The SUV hit a sign and two parked vehicles before the chase continued to Davenport Road, where it went out of control

after hitting two more vehicles before going through a large hedge and hitting another vehicle and the front porch of a house.

Police say the men were arrested and charges are pending.

THE CANADIAN PRESS

Correction to bridge closure times

The Macdonald Bridge will open at the usual time

Friday morning — at 5:30 a.m.

It will be closed Friday night at 7 p.m. through to 7 a.m. Saturday morning, and if needed, for an additional three hours at 10 p.m. Saturday.

Metro published incorrect information in Tuesday's edition.

METRO

 **MORE LOCAL NEWS ONLINE**



Canadian Hydrographic Service hydrographers Jon Griffen and Sarah Rahr look over images of a mysterious wreck found on the bottom of Pictou Harbour. NEW GLASGOW NEWS

Mystery ship discovered

HYDROGRAPHICS

276-foot vessel found at bottom of Pictou Harbour

+ BACKGROUND

The Canadian Hydrographic Service will be in the area until mid-August and is considering dropping a camera into the murky water near the wreckage.

Sitting on the bottom of Pictou Harbour is a 276-foot ship that no one seems to know anything about.

The discovery was made June 22 by members of the Canadian Hydrographic Service (CHS), which is surveying Pictou Harbour as part of a program to upgrade Canadians ports and harbours that haven't been surveyed in years.

Jon Griffen, hydrographer in charge, said that finding the ship was a complete surprise to the crew that came across the huge wreckage sitting in about 20 feet of water.

"There is no question there is something down there," he said, adding that the ship had 4.5 million soundings over it, considered a strong reading by hydrographers.

The outline of the bow and hull can be seen on the 3D images transmitted to Griffen's makeshift office at the Custom House in downtown Pictou.

"There is obviously a bow and a draft," he said, adding it has sat in mud and currents over the years and doesn't look to be broken in the middle. Superstructures, such as masts or housing quarters, also seem to be absent.

Griffen has yet to determine how old the ship is, what it

is made of or how long it has been on the bottom of Pictou Harbour. However, he said there is no record of it in any previous surveys. Some charting was done in the 1950s, before the construction of the causeway, and also in the 1980s. An on-line search for shipwrecks in Pictou Harbour turned up nothing of the mystery vessel's size or location.

A survey was also done by the CHS in 2009, but it concentrated more on the channel leading into the harbour.

Griffen said his field's technology has improved by leaps and bounds over the years — evolving from lead drops to acoustic sonar and 3D imagery, improving the chances of finding the wreckage now compared to years ago. But he still considers this an unexpected find.

His crew is now tasked with reporting it as a wreckage to the Canadian Coast Guard and sending out an image so that mariners will be able to keep it in their notes for future reference.

"If the wreckage is significant enough, we may get a better version and print the chart with that information on it," he said.

NEW GLASGOW NEWS



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Feds head toward deficit

BANK OF CANADA

Projections cast doubt on promise to balance books

The Bank of Canada's latest economic forecast puts the federal government on track to run a \$1-billion deficit in 2015-16, casting doubt on the governing Conservatives' promise to balance the election-year books, says a new analysis by the parliamentary budget office.

The results of the calculations, based on the downgraded projection released last week by the central bank, also trim the government's expected surpluses over the next two years.

The bleaker fiscal outlook, released Wednesday, surfaces as political parties are pitching economic policies to voters ahead of the October election.

In its April budget, the Harper government predicted a string of surpluses, starting with \$1.4 billion for this election year. The government forecast surpluses of \$1.7 billion in 2016-17 and \$2.6 billion in 2017-18.



Bank of Canada Governor Stephen Poloz holds a news conference in Ottawa on July 15, 2015. The Bank of Canada's latest economic forecast puts the federal government on track to run a \$1-billion deficit in 2015-16. ADRIAN WYLD/THE CANADIAN PRESS

But the budget office projects the government producing a \$1-billion shortfall in 2015-16 followed by smaller surpluses of \$600 million and \$2.2 billion over the next two years.

Their calculations used fresh projections by the Bank of Can-

ada, which last week lowered its outlook for economic growth in 2015 to 1.1 per cent, down from 1.9 per cent earlier this year.

Canada's economy has been struggling, leading some to state it has slipped into recession. It contracted in the first

quarter of the year at an annualized rate of 0.6 per cent — in large part due to the steep drop in oil prices and the failure of other sectors to pick up the slack.

That number registered well below the federal budget's pro-

“
Their economic record is in tatters. They've failed to be fiscally responsible.

Liberal MP Scott Brison

jection that real gross domestic product would grow by 1.2 per cent over the first three months of 2015.

The budget office factored in positive offsets that have appeared since the release of the spring budget: lower interest rates and higher gross domestic product inflation. Their projections also use up the government's \$1-billion annual reserve set aside for contingencies.

The analysis was produced by the independent office following requests by NDP MP Nathan Cullen and Liberal MP Scott Brison. Both their parties were quick to jump on the results.

Despite months of poor economic data, the Harper government says it remains confident it will run a surplus this year.

THE CANADIAN PRESS

IN BRIEF

Canada near to wiping out HIV transmission from moms to babies

Canada has virtually eliminated the incidence of mothers passing HIV to their infants at birth, primarily because of high rates of prenatal testing and ready access to drug treatment that subdues the infection, researchers say.

In 2014, there was only one case of mother-to-child HIV transmission in Canada, continuing a decade-long downward trend.

THE CANADIAN PRESS

Couple with 30 feline friends removed from Quebec City home

Firefighters wearing special equipment have removed a man and a woman from their Quebec City home after finding about 30 cats in the residence.

They say excrement and urine stains were visible in the dwelling and that there was also a strong concentration of ammonia.

The residents, who are believed to be in their 50s, were taken to hospital on Tuesday to undergo health tests. THE CANADIAN PRESS

MENTAL HEALTH

Terrorist to undergo psych test

A Toronto judge has ordered a second mental health assessment for a man found guilty in a plot to derail a passenger train, after concluding an earlier psychiatric evaluation of the convicted terrorist had "serious flaws."

Justice Michael Code ordered a fresh 30-day assessment for

Chiheb Esseghaier Friday, under Ontario's Mental Health Act.

"The issue before me is not whether Esseghaier was fit at the time when his trial commenced or concluded," Code said. "Rather the issue is whether he is fit now, at the time of sentencing."

The new assessment, which

will be conducted by a Crown-chosen psychiatrist, will examine Esseghaier's mental state "both in relation to the issue of fitness at a sentencing hearing and in relation to any other relevant aspect of sentencing," Code said.

THE CANADIAN PRESS

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Actor portrayals.

Officials defend video of black motorist's arrest

UNITED STATES

Driver later found dead in jail cell from alleged suicide

Authorities in the U.S. say a patrol car video showing the arrest of black motorist, who was later found dead in a jail cell, was not edited or manipulated.

The death of 28-year-old Sandra Bland, three days after she was arrested by a white law enforcement officer during a heated confrontation over a minor traffic infraction, is the latest case to cast national attention on the interactions between police and minorities in the United States.

Officials say Bland hanged herself with a plastic garbage bag in her jail cell, a contention her family and supporters dispute. The video doesn't reveal what happened while she was in custody, but it depicts an emotional exchange in which the officer tried to drag Bland from her car, drew his stun gun and threatened her. The case has resonated on social media, with posts questioning the official account of the events.

The video posted by the Texas Department of Public Safety Tuesday shows the trooper stop-

ping Bland for failure to signal a lane change. The conversation turns hostile when the officer asks Bland to put out her cigarette and she asks why she can't smoke in her own car. The trooper then orders Bland to get out of the vehicle. When she refuses, the officer pulls what appears to be a weapon and says, "I will light you up."

Out of the camera's view, Bland continues protesting her arrest, repeatedly using expletives and calling the officer a "pussy." At one point, she screams that he's about to break her wrists and complains that he knocked her head into the ground.

The video has drawn criticism for gaps and overlaps, but the Texas Department of Public Safety insisted Wednesday that it had not been doctored.

DPS spokesman Tom Vinger said that glitches in the recording occurred when it was uploaded for public viewing.

In an affidavit released Tuesday, the trooper, Brian Encinia, said he used force "to subdue Bland to the ground," and she continued to fight back. He also said Bland swung her elbows at him and kicked him in his right shin. THE ASSOCIATED PRESS



DeWayne Charleston speaks at a Waller County Commissioners Court meeting about the jail cell death of Sandra Bland in Hempstead, Texas, on Wednesday. PAT SULLIVAN/THE ASSOCIATED PRESS

GLOBAL HEALTH

MERS quelled: Korea

MERS-CoV (Middle East respiratory syndrome coronavirus) has claimed the lives of 36 people worldwide while the South Korean government has told foreign diplomats the outbreak in the nation is effectively over.

The World Health Organization (WHO) reported the figure of 36 dead Wednesday, along with 186 people in the Republic of Korea and one person in China as having contracted the disease.

The South Korean government said no new MERS cases have been reported in more than two weeks and that it is now safe for travel.

The outbreak led thousands of tourists to cancel visits to South Korea, and Korean Air Lines Co Ltd. as well as Asiana Airlines Inc. whittled down their flight schedules.

The companies said Tuesday they will resume normal operations early next month.

MERS-CoV is a strain of coronavirus that causes a viral respiratory illness called MERS. The disease was first reported in Saudi Arabia in September 2012, WHO said.

The outbreak in South Korea has been the largest outside Saudi Arabia, the organization added.

MERS, along with a drought in South Korea, is expected to slow the country's economic growth in the second quarter, AFP reported Finance Minister Choi Kyung-Hwan as having said earlier this week.

METRO CANADA

“

I will light you up.

Brian Encinia, state trooper

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CHARLESTON SHOOTING

Hate crime charges for church shooter

The man accused of slaying of nine black church members in Charleston last month was indicted Wednesday on 33 federal counts, including hate crimes, firearms violations and obstructing the practice of religion, which could include the death penalty.

Attorney General Loretta Lynch announced the federal grand jury indictments of 21-year-old Dylann Roof. The charges have been expected since Roof was arrested following the June 17 shootings at Emanuel African Methodist Episcopal Church in downtown Charleston.

Roof, who is white, appeared in photos waving rebel Confederate flags, and survivors told police that he hurled racial insults during the attack. The shootings

prompted an abrupt shift in political willingness to take down the rebel flag from the South Carolina Statehouse grounds and renewed a movement to remove it from the public sphere around the South. The flag, flown by armies of the secessionist pro-slavery Confederacy during the Civil War, is claimed by some white southerners as a symbol of regional and ancestral pride but has also been used by white supremacists.

Prosecutors haven't said whether they'll seek the death penalty against Roof.

Federal officials had previously said that the shootings generally meet the legal requirements for a hate crime and that federal charges were likely.

THE ASSOCIATED PRESS

IN BRIEF

Russian court grants amnesty to squirrel shooter

A teenager convicted of animal cruelty for killing a squirrel in a city park in St. Petersburg has been spared any prison time because of a widespread amnesty in honour of the Allied victory in the Second World War.

Yelisei Vladimirov, who claimed self-defence, was sentenced Wednesday to one year in prison but was granted amnesty on the spot, prosecutors said.

He thus became one of about 150,000 people who have been released from prison or granted amnesty in honour of the 70th anniversary of the Allied victory in Europe. The amnesty announced in May covers first-time offenders as well as those convicted of petty crimes. THE ASSOCIATED PRESS

CURRENCIES

Loonie falls to 2004 low

The Canadian dollar dropped to levels Wednesday not seen in more than a decade as the price of oil and gold both came under pressure.

The loonie was down 0.53 of a cent to 76.70 cents US. That's the lowest level since Sept. 1, 2004.

The dollar has been on a downward slide since last summer, when the price of oil started to weaken.

Oil prices dropped below the \$50 US mark in trading Wednesday, settling at \$49.19 US, while gold lost \$12 US to fall to \$1,091.50 US an ounce.

Compounding the loonie weakness was a decision by the Bank of Canada to cut its key interest rate last week. The central bank's overnight rate target stands at 0.5 per cent.



THE CANADIAN PRESS

Greece gets more cash

ECONOMY

Extra liquidity means people can continue to access funds

Greece's liquidity-starved banks got a new cash injection from the European Central Bank on Wednesday, hours before a key vote in parliament on further economic reforms demanded by international creditors in return for a third bailout.

A European banking official told The Associated Press the ECB decided to increase emergency liquidity to Greek banks by 900 million euros (\$980 million US) — the second such cash injection in just under a week.

Fearing a run by depositors flocking to take their savings out of Greek banks, the government imposed capital controls more than three weeks ago, restricting daily withdrawals to 60 euros (\$65 US) per account holder. Extra ECB liquidity means that Greek banks will still be able to hand out cash. Prime Minister Alexis Tsip-



Demonstrators stand in front of a banner reading No to Euro during an anti-austerity rally outside the Greek Parliament in Athens on Wednesday. GIANNIS PAPANIKOS/THE ASSOCIATED PRESS

ras' radical left-led government is facing its second crunch test in parliament in a week. Failure to pass the economic measures could undermine his coalition and trigger fresh fears over the country's future in the shared euro currency.

The vote on changes to

Greece's judicial and banking sectors is one of the requirements that European creditors have insisted upon in order for negotiations on a third bailout for Greece to begin.

After losing the support of a large chunk of his own party's lawmakers during a vote last

week on a creditor-demanded austerity measures, Tsipras has to rely on support from pro-European opposition parties to pass measures.

Negotiations with creditors are expected to start soon after the vote.

THE ASSOCIATED PRESS

IN BRIEF

BlackBerry buying crisis alert messaging firm

BlackBerry Ltd. has signed a deal to buy California-based software company AtHoc, which develops emergency alert systems for government agencies, military bodies, and other organizations.

BlackBerry said the AtHoc platform will be integrated with its enterprise portfolio. AtHoc helps organizations and people to connect and share information in times of crisis. Its clients include the U.S. departments of defence and homeland security. THE ASSOCIATED PRESS

market minute

	DOLLAR 76.70¢ (-0.53¢)
	TSX 14,307.12 (-69.12)
	OIL \$49.19 US (-\$1.67)
	GOLD \$1,091.50 US (-\$12)
NATURAL GAS: \$2.897 US (+1.5¢)	
DOW JONES: 17,851.04 (-68.25)	

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URBAN ETIQUETTE: ELLEN VANSTONE ON TIPPING



THE QUESTION

I'm from Australia and don't understand your tipping ways up here. In the interests of fitting in, what do I need to know about tipping in Canada?

Dear Ellen,

I'm from Australia and I don't understand your tipping ways up here. Maybe because our minimum wage Down Under is higher than it is here? Anyways, in the interests of fitting in, what do I need to know about tipping in Canada?

— Skippy

Dear Skippy-and-I-know-that's-not-your-real-name,

No doubt you have heard of the World Wide Web, where I have just learned that your native land's minimum wage is an ultra-civilized \$17.29 per hour, and where you could just as easily find out that standard tipping practice in North America is 15 to 20 per cent for serving staff, taxi drivers (except Uber, which includes the tip in the price), hairdressers and the like. So you don't need me to tell you the amount you should leave.

However, since you seem to want some advice, and since I love giving it, why don't I lecture you on the custom of tipping and how to approach it with the proper attitude?

The first thing you need to know is that tipping is an arcane, wildly-open-to-abuse, anti-democratic custom. It's supposed to reward people who provide good service and punish people who do not.

But that cold plate of congealed pasta your server just inflicted on you may or may not have been said server's fault: Maybe the drunk bastard cook in the kitchen forgot about it for 20 minutes or the manipulative cow who "manages" the restaurant assigned too many servers to one section, and not enough to your section. Or maybe a selfish, irresponsible server called in sick for like the 10th time this month and your server is now working a

Those few coins will make a difference to the person who relies on tips in a country where the minimum wage is universally disgraceful.

double shift, even though she is exhausted and has an exam the next day...

I'm speaking theoretically, of course, and am not referring in any way to the various subpar establishments at which I slaved during my student days.

The point is, workers

should be paid properly and not expected to rely on the kindness of strangers.

That being said, and as long as the vile custom of tipping continues, and as long as you yourself are gainfully employed, I encourage you to tip generously.

There is nothing more cringe-making than the spectre of a fully grown, well paid adult sitting at a table in a nice restaurant, or hunched in the back of a cab, madly deducting the tax and working out a 15 per cent tip to the penny while the "servant" meekly awaits a dollop of largesse. Ugh, it's like being caught in a really boring time-warp episode of Downtown Abbey. Just round up the amount to the nearest dollar!



© Ani Castillo

Or even the nearest multiple of five if you can afford it.

You will never miss the extra toonie or two, but those few coins actually will make a difference to a person who relies on tips in a country where the minimum wage is universally disgraceful (ranging from \$10.20 in Saskatchewan to \$12.50 in the Northwest Territories).

What's more, studies show that generosity makes you happier and healthier. It's a win-win, Skippy. Welcome to our stingy shores. And please do feel free to send me a cash tip for the excellent service I have just provided.

Need advice?
Email Ellen

scene@metronews.ca

ROSEMARY WESTWOOD

metroview

Howard's 'game' is narcissism, misogyny and delusion

Luke Howard, a self-styled pickup artist, stalks women in Ottawa's streets.

He calls himself a "Dr." and hypnotist who helps men with social anxiety talk to women in the daytime, without the aid of booze. He secretly records his attempts to get phone numbers on video.

In the wake of online backlash — via the hashtag #CorneredInOttawa, which women use to share stories about him on Twitter and Tumblr — Howard has taken the videos down and issued a limp mea culpa. He wrote, word for word, "I have started conversations with hundreds of women in public places and if as few felt uncomfortable then you are genuinely and truly sorry."

The media, as it must, has taken his man-hero routine somewhat seriously. And I'll grant that it's not wrong, on face, to help others improve their social skills.

But let's get this straight: Everything about Howard is wrong.

He's lied. He said 99.9 per cent of women like his advances. So far, 24 women have complained about the way he approached them on the street, say #CorneredInOttawa organizers. At least one has filed a police report. Layla, 33, didn't want to give her last name for fear she'd be trolled online.

"Giving a woman a compli-

ment in the street is not harassment," Howard wrote. But Layla said Howard told her she looks like Tracy Chapman (she does not) and that he's "always had a thing for Tracy Chapman, I've always wanted to f---k Tracy Chapman" before he referenced jerking off.

Howard said he doesn't corner women, but Layla told me every time she took a step, he took a step. She felt trapped and afraid to get aggressive.

Howard is ineffective. Some women say they spoke nicely to him, hoping he'd go away. Layla made up a fake boyfriend. Some gave him their phone number so he'd leave them alone, and then never responded to calls or text messages.

He's making it harder for others to have non-creepy encounters. "He's the exact reason why women don't like being approached in the daytime, and might miss out on actually normal dudes," Layla told me. "My guard goes up just from a guy asking an innocuous question."

Finally, Howard said he's "always been about love and connection and bringing people closer together." But we all know picking up is just about sex, a highly unlikely outcome of his methods.

So, guys, do not take notes. Howard's "daygame" has no game, just narcissism, misogyny and delusion.

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PHILOSOPHER CAT
by Jason Logan

PUNCTUALITY IS
THE VIRTUE OF
THE BORED.

EVYLYN WAUGH



Turkish tattoo artist Eva Karabudak is known worldwide for her cross stitch designs. CONTRIBUTED

Stitchin' tattoos

EMBROIDERY ON SKIN

Even grandma would approve of these tats

Emily Laurence
Metro in New York

Maybe it's because of Etsy. Maybe it's because of those NSFW cross stitch pillows taking over Pinterest. Whatever the reason, cross stitch tattoos are having a moment.

Eva Karabudak is a Turkish

tattoo artist who has become world famous for mastering the trend. "I used to do cross stitch on canvas and cloth at home and decided to do tattoos out of it," she tells us, adding that she first tried it out on friends and then got hooked on it.

"It's an anchor back to a lot of people's childhoods. That's why I believe it gets noticed," she says. But before you decide to get one, Karabudak says you have to do your research. "Not all images or ideas can be applied to a cross stitch design. It all starts with a thought, and that should be carefully studied before going into design."

Nicole May, 38, is a tattoo artist at Tiki Town Tattoos in Calgary and says she definitely has seen cross stitch tattoos becoming increasingly popular. "I see a lot of subversive cross stitch on Etsy and I feel like it is something a lot of young people are picking up as a hobby. Cross stitch tattoos have become popular along with the general trend of cross stitch," she says.

If you want to get a cross stitch tattoo, her biggest tip is to find an artist who actually cross stitches as a hobby. "They'll have a better understanding of design layout and execution," May says.

3 CROSS STITCH INKED WEARERS



"I own a cross stitch business called Hatch605. I manage a modern makers gift store, so I am around makers all day. When people see my tattoo, I typically get reactions from older generations because it evokes a nostalgic feeling. To me, it's a way to help keep traditional art alive."

Name: Ashley Rieck
Age: 31
Occupation: Manager of Unglued in South Dakota



"A fellow tattoo artist and I wanted to figure out how to do a cross stitch tattoo. We are both very crafty with crocheting and cross stitching, so it just made sense. It's challenging to tattoo and we wanted to experiment, so I let her try it out on me!"

Name: Crystal Balser
Age: 35
Occupation: Owner of MOD Tattoo in Ottawa, a completely vegan studio



"I love to cross stitch. I have a small home business where I custom cross stitch family portraits. On all the portraits I include a red heart that floats over the family. It's my signature. People find my tattoo very unique. The most reoccurring compliment I get is how much it suits me."

Name: Brittany Wiebe
Age: 28
Occupation: Homemaker/cross stitcher



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Weeknights at 6 Hannah counts down the HOTTEST songs of the day.

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- Demi Lovato
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Where Are You Now
- Nicki Minaj
The Night Is Still Young
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ROMANCE

Jonas deflects dating rumours

IN HOLLYWOOD

Ned Ehrbar



Nick Jonas is getting pretty good at deflecting dating rumours — but then given his romantic history, that's not surprising.

The latest speculation hounding the former Disney star? That he's spending time with Selena Gomez. When pressed on the subject during an interview with London's Capital FM, Jonas sets the record straight: "We kind of ran into each other a couple of weeks ago, like walking in Venice," he says. "We were both with separate groups of friends and we ran into each other."

Seems innocent enough. Anything else, Nick? "I put a dinner together with a bunch of really great people, like the Haim girls, who I love. They're awesome. They're the best," Jonas says.

"It was a big group of people and we all had a great time. We connect in that sense. It was nice to connect and just catch up. I'll leave it there." Oh my God, guys. Nick Jonas is dating all of his friends at once!



Theron denies she's set to star in *Fifty Shades* sequel, *Fifty Shades Darker*. ALL PHOTOS GETTY IMAGES

Theron's red carpet domination

MOVIES

Rumours have Theron cracking the whip in a *Fifty Shades* sequel

So apparently there's been a pretty persistent rumour that Oscar-winner Charlize Theron is going to star in the *Fifty Shades of Grey* sequel, *Fifty*

Shades Darker, as Christian Grey's former lover who first schooled him in the kinky arts.

Ridiculous? Well, Theron herself certainly seems to think so. "I hadn't heard that one. Wow, I'm just learning so much about myself on this carpet tonight," she told *E!* News at the *Dark Places* premiere this week.

Even if she were involved, she'd apparently be more interested in replacing Jamie Dornan, anyway. "I'm going to play the kinky guy with the

room," she joked. "I need to stretch. I need to find something outside the box."

OK, fine, but speaking of sequels, how about a *Mad Max: Fury Road* followup?

"Nobody has come to tell me anything. I haven't been in town, so I don't know what's going on. There's a lot of talk about it. I don't know if it's real," she said. "Look, I would be honoured to be asked back, but I have no idea what's going to happen."

NED EHRBAR/FOR METRO

ROMANCE

Swank's love game

There's some joke in here about always fraternizing with the help. Oscar-winner Hilary Swank — who previously dated her talent agent — has reportedly now taken up with her "hunky" tennis coach, Ruben Torres.

"When he first asked her out, she was lukewarm, but after a couple of dates things just got hotter and hotter," a source tells *Life &*

Style. "It's really hard for them to keep it a secret."

Not that they haven't been trying, mind you, as the source says that over the course of their three months together they've been "staying away from PDA and only holding hands under the table."

Well, so much for that.

NED EHRBAR/FOR METRO



LOVE AND SEXISM IN HOLLYWOOD

Thompson's sexism update

She may be an Oscar-winning screenwriter, but actress Emma Thompson is keeping her language simple — and salty — when it comes to Hollywood sexism.

"I am not impressed at all. I think it's still completely s—, actually," she tells the *Radio Times*. "When I was younger, I really did think we were on our way to a better world, and when I look at it now, it is in a worse state than I have known it — particularly for women — and I find that very disturbing and sad. I don't think there's any appreciable improvement and I think that, for women, the question of how they are supposed to look is worse than it was even when I was young." NED EHRBAR/FOR METRO

Shelton and Lambert make divorce Twitter-official

In these plugged-in modern times, how do you really know a celebrity couple's marriage is over? It's not the joint statement announcing a divorce.

No, it's how they interact with each other on social media. And if that's any indication, then Blake Shelton and Miranda Lambert are really, truly over. Lambert swapped out a red carpet photo of the pair on her Twitter profile in favour of one promoting her current tour, while Shelton replaced his background image — Lambert's Marie Claire cover — with one of him performing. There's no turning back now.

NED EHRBAR/FOR METRO



Miranda Lambert and Blake Shelton are really, truly done.

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What they're asking

New condos that aren't in pre-construction and are ready to move in are perfect for buyers who don't want to purchase from plans and wait three years for completion. Metro looks at two-bedroom suites in newer condominium buildings in central locations.

Duncan McAllister FOR METRO



\$259,900

Halifax

This suite is for sale at The Tides of Bedford condominiums, at 36 Southgate Dr. While not right in Halifax, this two-bedroom, two-bathroom condo resides in the heart of Bedford. It has a bright, spacious floor plan with southern exposure and views of the Bedford Basin. The building offers underground parking, a fitness centre, sauna, outdoor pool, guest suite, library and a common room. Condo fees include heat, hot water, parking and storage. Listing agent is Ernie Buote with Domus Realty, 902-499-3041.



\$224,900

Winnipeg

For sale is a three-year-old condo at a great price in the Crestview neighbourhood. The unit features in-suite laundry and a luxury kitchen with all the appliances included. There's also a low-maintenance yard and private balcony. Included are all blinds, washer, dryer, dishwasher, refrigerator, stove, and a parking pad. The building is located close to shopping, restaurants and bus service. Listing agent Chris Kenny is a sales representative with Re/Max Professionals, 204-318-6794.



\$649,900

Toronto

This spacious suite in the Bohemian Embassy condos boasts 1,165 sq. ft. of space and a 100-sq.-ft. terrace with southern exposure. With transit at the doorstep, the building offers a roster of amenities including visitor parking, concierge service, a gym, media room, two party rooms, a rooftop barbecue area, arts and crafts room, bicycle storage and steam rooms. Appliances, parking and locker are all included. Listing agent Alex J. Wilson is with Re/Max Condos Plus, 416-996-5181.



\$628,800

Calgary

This northwest corner suite is located in the Arriva Towers in the historic Victoria Park community. The unit features an open floor plan with city skyline views, two balconies, two bathrooms, two parking stalls and a separate storage locker. The spacious kitchen has stainless Miele appliances and an open living and dining room. The building is close to shopping, restaurants and the river path system. Kelly P. Burke is a sales representative for Re/Max House of Real Estate, 403-287-3880.



\$745,000

Ottawa

This bright, spacious suite at the Claridge Plaza condos is located near the Byward Market in the heart of downtown. The unit has a 750-sq.-ft., professionally landscaped terrace complete with gazebo and computerized watering system. Listing agent David Bournes says it's like a garden in the sky. The suite has plenty of windows and a spacious master retreat with private ensuite and balcony. Bournes is a sales representative with Royal LePage Team Realty, 613-725-1171.



\$539,000

Vancouver

This 715-sq.-ft. suite is ready to move in at The Mark condominiums, conveniently located near the Seawall and Yaletown's popular shopping, dining and entertainment options. The unit includes in-suite laundry and one parking space. The building is newly completed, featuring an open-concept living and dining area, engineered oak hardwood floors, granite countertops, stainless steel appliances and concierge service. Listing agent is Jimmy H. Cheung with Sutton Group West Coast Realty, 604-612-9230.



\$379,900

Edmonton

Here's a nice looking building by a reputable builder, in the Alta Vista condominiums. The foyer has a cozy sitting area with box ceiling features and stone and tile accents. The unit is finished with hardwood, tile and granite countertops. The U-shaped kitchen has stainless appliances, tiled back splash, and an extended breakfast bar. One bedroom has direct access to a patio, the other with a four-piece ensuite. Ryan P. Dutka is a sales representative with Re/Max River City. 780-988-0001.

Take a cue from the Golden Girls

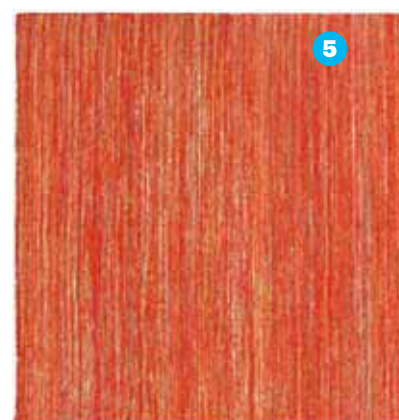
DESIGN CENTRE

Karl Lohnes



Decorate with cool colours, fresh white and nautical themes to help prolong our short Canadian summer.

Within two months summer will be gone. Alberta may see snow flurries in the air, Nova Scotia will say goodbye to the sun and the rest of us will be dry cleaning our winter jackets in preparation for the long winter ahead. Why not make the inside of your home a celebration of summer that lasts all year long? Perhaps a guest or bath room could hold the theme of summer (without affecting the rest of your decor); or you choose to decorate like the Golden Girls and explode the tropics everywhere — a great decorating scheme to grow into retirement!



1 Summer Breeze Room Diffuser

Keep the ocean breeze in your home throughout the year with a natural room diffuser — made in beach-clad Australia. \$18, Simons.ca

2 Yacht Club Rug

Welcome your sailor out of the shower with a reminder of summer fun on the water. \$19, Simons.ca

3 Bruce Brown Films Endless Summer 50th Anniversary Edition Poster

Celebrate with on-trend colours from the beach. \$40, UrbanOutfitters.com

4 ESPRIT Ocean Breeze Bedding

Soft washed metallic blues overlap to emulate the ocean wash. From \$40, TheBay.com

5 Hand Woven Silky Aurora Pink Wool/Silk Kilim

Watch the colours of the summer sun as it sets underfoot. 6'x9', \$384, ECarpetsGallery.com

6 Stratford Wicker Butler Tray

From a serving tray on the balcony to a towel stand in the bath this butler works year round. \$130, BedBathAndBeyond.ca

THE GRIND

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wetspot

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Skyrocketing to the top

PAN AM 2015

Canadians win in water-skiing, wakeboarding, road cycling

Canada won two more gold medals in Wednesday's early competition at the Pan American Games.

Whitney McClintock won the women's water-skiing competition, Rusty Malinoski was victorious in men's wakeboarding, and Hugo Houle finished first in the men's road cycling individual time trial to give the host nation 62 gold medals heading into evening competition on Day 12.

The United States led with 70 gold medals.

McClintock finished ahead of American Regina Jaquess and Mexico's Carolina Chapoy in the women's water ski.

The native of Cambridge, Ont., took the lead after earning 8,370 points in the tricks event following a disappointing slalom run.

"It's a complete shocker to me, actually," McClintock said. "Today is not the way I planned it to go. Not even a little bit. It seems like on any other

given day that would have not won you a gold medal.

"It's one of those hard things to celebrate, but a gold medal is a gold medal."

Jarret Llewellyn of Innisfail, Alta., added a silver in the men's overall.

With a score of 89.11, Malinoski finished ahead of American Daniel Powers and Venezuela's Juan Mendez.

The native of Humboldt, Sask., was a favourite to win the wakeboarding competition and did not disappoint. He appeared relaxed on the water, pumping his fist and egging on the crowd to cheer louder in his final pass.

"I was favourite to win and I didn't want to let anyone down," he said. "I acted like I had it in the bag, but I was definitely nervous and I didn't want to screw up."

Houle, of Ste-Perpetue, Que., finished the 37-kilometre time trial in 45 minutes, 13.4 seconds.

"You never know until you start how you're going to feel but today on the first lap, I had to control myself to not go too hard because my body wanted to go," said Houle.

"Today I had the best ride of my life for sure."

Mexico's Ignatio Prada was second, 1:17.87

back of Houle, while

Sean MacKinnon of Hamilton, Ont., took bronze.

Vancouver's Jasmin Glaesser won silver in the 19.5-kilometre women's individual time trial in 27:01.31.



Whitney McClintock

THE CANADIAN PRESS



Hugo Houle

THE CANADIAN PRESS

THE CANADIAN PRESS



Canada's Rusty Malinoski catapulted to victory in men's wakeboarding at the Pan Am Games in Toronto on Wednesday. NATHAN DENETTE/THE CANADIAN PRESS

Gold worth glory, but no more

After the glory fades and the flashing cameras are packed away, once the stadiums are stripped of decor and the masses turn their thoughts from summer athletics, what's a Pan Am Games gold medal worth?

The answer, it seems, is not very much — beyond the glow of victory and hard-fought accomplishment, of course.

"Bottom line is you're never going to get rich," said Richard Powers, a senior lecturer at the University of Toronto's Rotman School of Management and president of Commonwealth Games Canada.

"Is the Pan Am Games a road to gold? Probably not, unless it's part of the path to an Olympic medal ... I'm not aware of any Pan Am-only athlete obtaining a significant sponsorship opportunity."

\$80

The gold from a single medal would net about \$80 US when melted on a good day.

In other words, Wheaties isn't going to toss the top trampolinist on its cereal box anytime soon. And that global deal with a top purveyor of sugary drinks? Forget about it.

The Pan Am Games simply doesn't provide the type of exposure and worldwide appeal the sponsors with the big bucks are willing to throw cash at, explained Brian Cooper, president of S&E Sponsorship in Toronto.

"It's great to have as an athlete and to build your resumé going for your Olympic gold," Cooper said. "But to be honest with you, the Pan Am gold doesn't really carry a lot ... When the win is one that is sort of limited and not global, in a niche sport against a smaller field, there's less value."

"There's not enough there that a company would take, or invest a significant amount, or think that their product would benefit that greatly from a Pan Am gold."

TORSTAR NEWS SERVICE

Toronto mayor won't rule out bid for Olympics

The mayor of Toronto says the city now has sports facilities to host international competitions that could previously only be held in Vancouver, leaving the door open for a possible future Olympic bid.

The city is currently hosting the Pan Am Games, which wrap up Sunday, and Mayor John Tory said Wednesday that the event has put Toronto on the global map for athletic events.

"There's a whole variety of international events and

sporting competitions that we're now in a position to host, which I think is good for Toronto, good for Ontario and good for Canada, and the Olympics is one of those, obviously, about which there's a great discussion," Tory said.

The mayor said he won't



John Tory

TORSTAR NEWS SERVICE

discuss a potential bid for the Olympic Games until after the Pan Am and Parapan Am Games are over. The Parapan Am Games end in mid-August.

Afterward, he said, officials will "sit down and talk about these things together as we will and decide what's best in terms of what we go forward with, whether it's an Olympic bid or a host of other things one could go forward with."

"I guess everything's on the table until you take it off the table," he said.

Cities looking to host the 2024 Summer Olympics have until Sept. 15 to submit a letter of application to the International Olympic Committee. Those deemed viable applicants then have until early 2016 to turn in their bid concept.

The committee will evaluate those concepts and choose a number of official candidate cities, which will be examined by a commission of experts before the winning city is chosen in the summer of 2017.

THE CANADIAN PRESS

TRY AGAIN

Toronto has made several failed bids for the Olympic Games, most recently when it lost to Beijing for the 2008 Summer Games.

There is a precedent for a city hosting the Pan Am and the Olympic Games in close succession. Rio de Janeiro hosted the Pan Ams in 2007 and will Summer Olympics next year.

It's bright lights, big city, big time for Robertson

MEDIA

Trenton native enjoying life with the Canadiens

Dan Robertson was nearing a crossroads in his life and started to wonder how far sportscasting would eventually take him. At times in his career, it didn't feel it would take him very far at all.

Turns out it would be to Montreal and the NHL.

Robertson grew up in Trenton, obtained an arts degree at

St. Mary's University and not long after that, he was watching sports on TV one day and got a 'Eureka' moment.

"I remember thinking 'I could probably talk sports for a living.'"

He enrolled at the old Atlantic Broadcast Institute, later got a job reading the news on CJFX in Antigonish and then spent 12 years working for Eastlink cable television, covering university football, basketball and hockey, as well as Halifax Mooseheads games.

While Robertson mostly enjoyed his job with Eastlink, years of driving to Sydney or



It all happened really fast. I applied for jobs before, but I didn't have any real expectations

Dan Robertson

Charlottetown in Nova Scotia winters began wearing on him and he wanted more: A bigger market, a better gig.

"I always wondered if I would ever get an opportunity like this one."

Less than a year ago, Lady Luck smiled on the affable 45-year-old.

When he found out last fall that a job calling Canadiens games for TSN 690 radio in

Montreal was open, he reached out to them and they offered him what basically was an audition, flying him up to have him call a pre-season NHL game.

They liked what they heard. "It all happened really fast. I applied for jobs before, but I didn't have any real expectations."

He also had a family to consider: He and his wife Kathy have two teenagers at home

in New Glasgow and moving them to Montreal wasn't a realistic option.

"When I got the job offer I had to make my mind up really fast. If (the children) were younger, I probably wouldn't have taken the job."

Robertson was a Canadiens fan as a young boy, but gravitated toward the Pittsburgh Penguins when Mario Lemieux shot to NHL superstardom.

"I'm still a Penguins fan to be honest, but it makes my life easier when the Canadiens win, so I guess I'm a bit of a Montreal fan."

KEVIN AD SHADE/NEW GLASGOW NEWS

TOUR DE FRANCE

Alpines shake things up

The speedometer clocked between 50 and 60 kilometres per hour as the pine trees whipped by, and the riders leaned left to right and back again to negotiate the snaking, bumpy descent.

Winning the Tour de France isn't only about having the ability to get uphill fast. You've got to have nerves of steel going downhill, too.

Chris Froome proved Wednesday that he's got both.

The 30-year-old Briton retained the leader's yellow jersey as the Tour sped toward its crescendo in the Alps.

The 17th stage included a harrowing 16-kilometre descent that dealt perhaps the final blow to Alberto Contador's distant hope of a third Tour victory and doused the ambitions of promising French rider Thibaut Pinot for a stage win. They both lost time after hitting the asphalt on the way down from the treacherous Allos Pass.

Germany's Simon Geschke won the stage by surging out of a breakaway bunch and keeping at bay Andrew Talansky of the U.S., who was second, by 32 seconds at the end of the 161-kilometre ride from Digne-les-Bains to Pra Loup ski resort.

Fellow American Tejay van Garderen, who was third overall as the stage began, pulled out of the race with a headache and a lack of energy after fighting a respiratory infection for several days.

"It almost feels like I just want to disappear right now," said a despondent Van Garderen. "It was hard to look my teammates in the eyes (and) it was hard to call my wife and explain to her what was going on." THE ASSOCIATED PRESS

MLB PHILLIES IN FULL TROT SINCE ALL-STAR BREAK

Cody Asche of the Phillies hits an RBI double against the Tampa Bay Rays in the sixth inning at Citizens Bank Park on Wednesday in Philadelphia. Pinch-hitter Odubel Herrera's RBI single with two outs in the 10th inning lifted the Phillies to a 5-4 victory over the Rays. The Phillies lost a franchise-record 62 games before last week's four-day break, but are 5-1 since returning. They swept a three-game set against Miami and took two of three from the Rays to win consecutive series for the first time since last September.

"They're playing with energy and playing to win games," interim manager Pete Mackanin said. Domonic Brown led off the 10th with a single off Brad Boxberger (4-6) and advanced on a sacrifice. After a for the second out, Herrera lined the 11th pitch he saw to left-centre to drive in Brown.

HUNTER MARTIN/GETTY IMAGES



NBA

New Lakers excited despite quiet Kobe

Roy Hibbert, Lou Williams and Brandon Bass all say they joined the Los Angeles Lakers for a fresh start.

They're also looking forward to playing with Kobe Bryant after they get a chance to talk to him.

Hibbert is eager to revitalize his career in Los Angeles after seven seasons with the Indiana Pacers. The seven-foot-two former all-star is determined to return to dominant defensive form after a perceived down season. Williams believes there



Lou Williams
GETTY IMAGES

will be plenty of shots to go around when he plays with Bryant and Nick Young. The Sixth Man of the Year is willing to play any role to help the Lakers, who are coming off the worst season in franchise history.

None of the newcomers has spoken with Bryant yet.

THE ASSOCIATED PRESS



NBA IN BRIEF

Division title might not guarantee playoffs: Silver

An NBA division title might soon mean a banner but no assurance of a playoff spot.

Commissioner Adam Silver said Wednesday the league is leaning toward not guaranteeing a post-season berth to a team that wins its division.

Silver had already said he expected a change from the current format that guarantees division winners no worse than the No. 4 seed.

THE ASSOCIATED PRESS

MLB

Depth guys help hurting Nationals

The banged-up Washington Nationals have been relying on their bench players to help keep them atop the NL East.

Danny Espinosa and Michael Taylor were the latest fill-ins to come through.

Taylor had a tying two-out, two-run single in the eighth inning. Espinosa followed with an RBI double and the Nationals rallied from three runs down to beat the New York Mets 4-3 on Wednesday.

"We trust everybody that's

on this team," Espinosa said. "There wasn't any panic there. (We) root for the next guy and keep on grinding."

Already minus four everyday players and right-hander Stephen Strasburg, Washington lost third baseman Yunel Escobar to an apparent left hand or wrist injury during his at-bat in the second inning. X-rays were negative, but Escobar will have further tests.

THE ASSOCIATED PRESS



American Tejay van Garderen pulled out of the Tour de France with a respiratory infection. GETTY IMAGES

RECIPE Peach and Dried Cranberry Crisp Skillet



EAT LIGHT AT HOME

Rose Reisman
rosereisman.com

@rosereisman

Ready in

Prep time: 15 minutes
Cook time: 25 minutes
Serves: 12

Ingredients

- 7 ripe peaches (skin on), cut into 1/2 slices
- 1/3 cup granulated sugar
- 1/3 cup brown sugar
- 1/3 cup dried cranberries
- 2 Tbsp cornstarch
- 1 1/2 tsp cinnamon, divided
- 2 Tbsp lemon juice
- 3/4 cup all-purpose flour
- 2/3 cup brown sugar
- 3/4 cup large rolled oats
- 1/3 cup chopped toasted almonds
- 1/3 cup vegetable oil
- 2 Tbsp water

Directions

1. Preheat the oven to 375 F. Lightly coat a 10-inch oven-proof skillet with cooking spray.
2. In a bowl, stir together peaches, granulated sugar, 1/3 cup brown sugar, dried cranberries, cornstarch, 1 tsp cinnamon and lemon juice. Place in the skillet.
3. In another bowl, stir together the flour, 2/3 cup brown sugar, oats, almonds, oil, water and remaining cinnamon and mix until the mixture is crumbly. Sprinkle over the peaches.
4. Place the pan in the centre of the oven and bake for 25 to 30 minutes until the crisp is golden and peaches are just tender.

Nutrition per serving

- Calories 246
- Carbohydrates 42.5 g
- Fibre 2.6 g
- Total fat 8.2 g

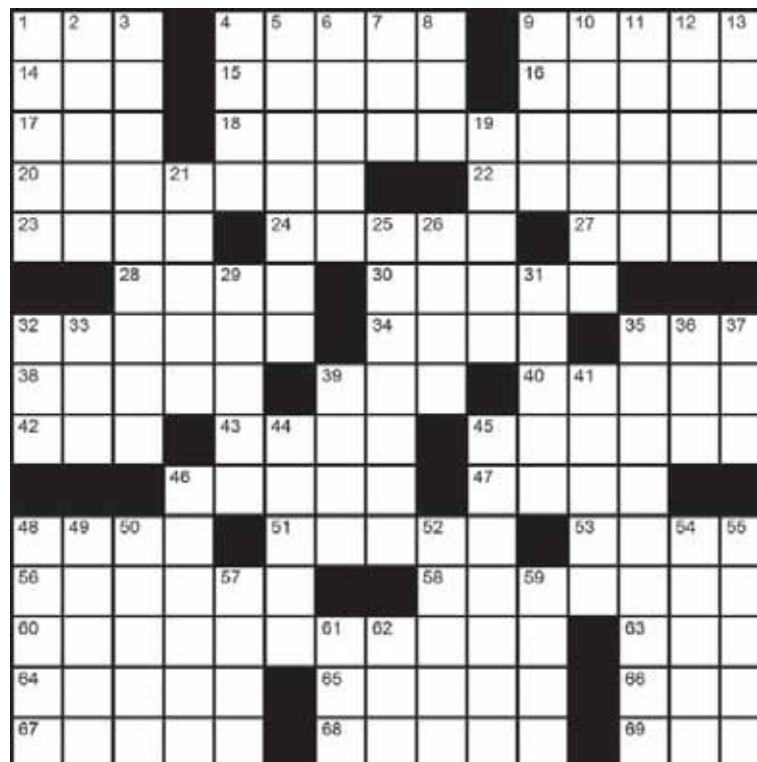
PHOTO: ROSE REISMAN

CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN

ACROSS

1. Owns
4. Ms. Fisher, and others
9. Capital of Ghana
14. Noah's boat
15. Ruffle, as an '80s hairstyle
16. Rock drill
17. 1982's version for Rocky
18. July 23rd to July 26th, 2015: Nanaimo Marine Festival and World Championship ____ (Splash! Splash!)
20. Engine-of-a-car part: 2 wds.
22. Human
23. 'A' in AD
24. "____ Love": 1959 hit for Phil Phillips with The Twilights
27. Fails to be
28. Cartoon bear
30. Investigate
32. New
34. Catherine ____ (Henry VIII's sixth/last wife)
35. Mr. McLean's of the Backstreet Boys
38. Egypt's capital
39. ____ Antonio, Texas
40. Arctic abode
42. Web connect-or, briefly
43. Banned orchard spray
45. Condescends
46. Entrap
47. Consequently
48. Drift through the air
51. Rice dish
53. Ms. Jasper, Ab-original singer/song-



66. Lithium-____ battery
67. Ancient companion for Dionysus
68. Shortages
69. US intelligence org.

DOWN

1. Seaport of Israel

2. 'Parliament' suffix
3. Swim sans swimsuit
4. "Let ____" by The Beatles
5. Contains the food container's freshness: 2 wds.
6. Coffee order

7. Volcanic residue
8. Arrange
9. Superior at a French monastery
10. British 'Street' soap opera, to fans
11. Unrefined
12. Military mission, e.g.
13. "____ you the

- clever one!"
19. ____ the challenge (Ready to take things on)
21. Unimpressed audience member, perhaps
25. Clothing
26. Port city of Algeria
29. 'Punny' joke reaction
31. Nova Scotia island in the area of the Gulf of Maine and Bay of Fundy
32. Nero's 1101
33. '____' in Ottawa
35. Provincial park in Ontario since 1893
36. Comedian Mr. Stewart
37. Help!
39. Draped dress
41. Topo __, puppet on "The Ed Sullivan Show"
44. Expire
45. Vandalized, in a way
46. Like the 'handle' of a bouquet
48. Hospital sections
49. Ancient marketplace
50. Parade route display
52. ____ by the rules
54. Overseas moneys
55. Suffering wife in Edith Wharton's 1911 novel Ethan Frome
57. Bygone sovereign
59. Some Smarties
61. Sprinted
62. Try

★ IT'S ALL IN THE STARS by Sally Brompton

Aries March 21 - April 20
The sun enters the sympathetic sign of Leo today, marking the start of one of the busiest and most enjoyable times of the year. Make every minute count.

Taurus April 21 - May 21
You feel out of touch with what is going on around you. Others seem to be enthralled by events that mean nothing to you. Go your own way and do your own thing — you will be better off for it.

Gemini May 22 - June 21
You will find it difficult to keep your nose out of other people's business today. The sun's change of signs brings to the fore the inquisitive side of your nature.

Cancer June 22 - July 23
Money matters will be of even more importance than usual for the next few weeks. The planets indicate there is a lot at stake financially, so do whatever it takes to maximize profits and minimize your losses.

Leo July 24 - Aug. 23
The sun and Mercury move into your birth sign today, making this the ideal time to begin something new. You have done lots of thinking and soul searching in recent weeks. Now you can apply what you have learnt about yourself.

Virgo Aug. 24 - Sept. 23
You have got to stop taking each and every thing that happens personally. The world is for you, not against you.

Libra Sept. 24 - Oct. 23
Some people have been rather critical of you in recent weeks but over the next few days you will be able to show that you were right and they were wrong.

Scorpio Oct. 24 - Nov. 22
You may say that you don't care for status and recognition but with the sun and Mercury moving into the career area of your chart today it will be thrust upon you. You make a better leader than most.

Sagittarius Nov. 23 - Dec. 21
Something that meant nothing to you in the past now means everything to you. Some may think you have taken leave of your senses but most likely you've found them at last.

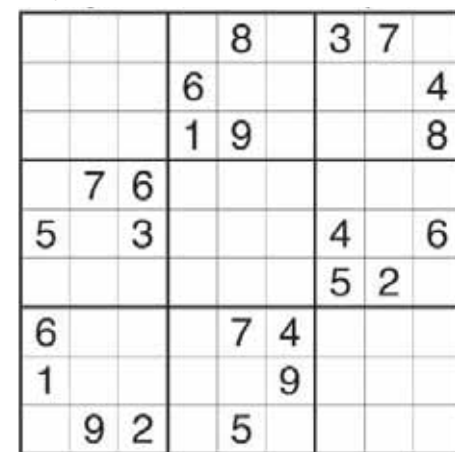
Capricorn Dec. 22 - Jan. 20
Today you will find yourself thinking more deeply about who you are and what you should be doing with your life. The answers you reach may surprise you.

Aquarius Jan. 21 - Feb. 19
If you want to succeed, you must co-operate. Stop looking for ways to one up your rivals. Look for ways you can help each other instead. There is safety in numbers, and profit too.

Pisces Feb. 20 - March 20
At least one of your habits needs to be looked at and, if negative, transformed into something more positive. At work, try to unchain yourself from the same old routines.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9



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